



Travel Destinations & Activities

Community Nursing Services Pamper Hour July 7, 2011; 10:30; NC

Another fun time is on tap with the group from CNS. Come for a hand and foot massage with optional nail painting. This is for gals and guys—nail polish optional.

Crystal Springs Beginning July 13, 2011; 1:15; \$5

Join us Wednesday afternoons after lunch to relax in the pools at Crystal Hot Springs. We will ride the bus out, soak our bones, and return to the Center. Entry into the pools will be discounted for the group traveling together only. The discount will not be available to seniors not with the group.

Bear Lake Raspberry Shake Run July 12, 2011; 10:00 a.m., \$5

Let's get out and go for a nice pleasant ride up Logan Canyon over to Bear Lake. We will take in the beautiful scenery and enjoy a raspberry shake. Of course we may use that shake to chase down a burger and fries. This should be a nice and relaxing trip. Dutch lunch.

Access Health and Wellness Clinic

July 14, 2011; 10:00 a.m.; Free

Access Home Care and Hospice will host a Health and Wellness Clinic here at the Center. They will be providing many health services such as blood pressure check, oxygen saturation, fall risk assessment and will have staff available to discuss wellness and prevention of falls, and declining health. This is a great opportunity to come and have fun with great health benefits.

Life Path Home Care Fall Prevention Clinic & Screening July 21; 11:00 a.m.

Balance specialists will evaluate, treat and educate you on how

to improve balance, reduce fall risk, and maintain independence. The four systems in the body that control balance-related issues that lead to increased fall risk are: Eyes, Inner Ear, Muscles/Joints, and Sensation (feeling) on the bottom of feet.

This class can help you if you have experienced one or more of the following.

- recently fallen
- have lost confidence in the ability to perform the basic activities of daily living
- have diabetes affecting sensation in the feet
- complaints of dizziness
- have a movement disorder such as Parkinson's, MS or a prolonged illness
- use a cane, walker or other mobility device
- need support to leave home.

South Pacific July 21, 2011; 6:30 p.m.; \$30

We will travel to Logan to the Utah Festival Opera Company to enjoy the first rate production of **South Pacific** at the Eccles Theater. We have a limited amount of tickets available for this performance so be sure and sign up soon.

Senior/Youth Craft Activity July 28, 2011; 12:00; NC

Generational mingling! Is that a term? It is now. This will be a really fun time to interact one with another, young and younger. We will be meeting outside the Senior Center for lunch and to make a craft project to take home. The Youth Volunteer Council is helping sponsor this event which ensures it to be a bit hit.

Symphony with Nancy 2011-2012 Season

The Ogden Symphony Ballet association has announced their coming season of concerts.

The Classical Series includes Beethoven's "Emperor" Concerto with Garrick Ohlsson, Piano; Beethoven's Seventh Symphony with James Ehnes, Violin; Rachmaninoff & Beethoven with Andre Watts, Piano; Rachmaninoff's Piano Concerto No. 3 with Stephen Hough, Piano. The Pop Series includes The King's Singers with the Utah Symphony, Holiday Celebration with Cirque de la Symphonie, Bravo Broadway, and Classical Mystery Tour—a Tribute to the Beatles.

Nancy will provide transportation to the concerts, but you are responsible for purchasing your own tickets.

Call (801) 399-9214 between 9-5 M-F to order your tickets.

Book Club Anyone?

Anyone interested in a monthly book club? Your resident bookworm—Nancy—would love to get one going. Stop by her office.

Comfort Club

The topic for July 14 is "Compassion Fatigue: presented by Emily Bradley of Hospice for Utah.

A light supper will be served at 6:00 p.m. Please RSVP to Vickie Wright at 435-226-1455.

Memory Club

Comfort club will meet on July 13 and 27 at 10:00. Caregivers and those with memory loss meet at the same time

Change in Travel Program Reservation Policy

The City's Accounting Policy for Senior Center trips has changed the way trips are organized. **Payment in full is required within three (3) days of registering to guarantee your seat.** Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.